

WELCOME TEAM CAPTAINS!

Thank you for joining the WALK OF LIFE online fundraiser for the Cardiac Health Foundation of Canada! This kit is designed to provide you with the tools you will need to make your team's experience fun, successful and rewarding. Whether you are joining us as a Captain, or team member you will be playing an important role in helping to make this year's event exceed all expectations!

Team Captains:

As a Team Captain, your main responsibility is to motivate and encourage others to join your team. Be sure to invite friends, family, neighbors, co-workers..... Once your team is in place, you will then act as the key liaison between your team members and the event organizers.

Step 1: Register

Register online and create your team by visiting: http://cardiachealth.kintera.org/2017WalkofLife

For any questions about registration or team creation, contact info@cardiachealth.ca

Step 2: Set Goals and Fundraise

During the registration process, you will be asked to set your team goal. Share your enthusiasm and excitement with your team as you work together to reach your fundraising goal.

Step 3: Recruit Team Members

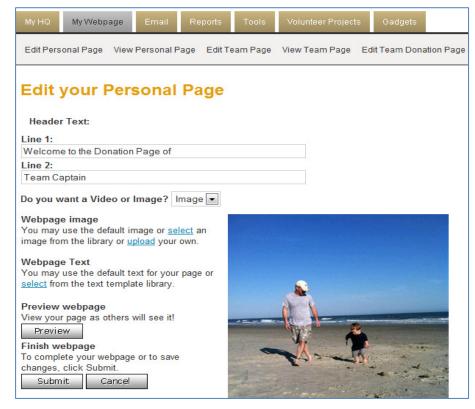
Once you have registered, use your Personal Headquarters to recruit team members. One important thing to remember, whether you are recruiting team members or fundraising, is to JUST ASK! Recruit your family, friends, co-workers and neighbors to join your team. When you find new team members, encourage them to invite their own family, friends, co-workers and neighbors. There is no limit as to how many people can join your team, and you will be surprised at how quickly your team can grow!



Your Personal Headquarters provides all of the tools necessary to recruit and fundraise.

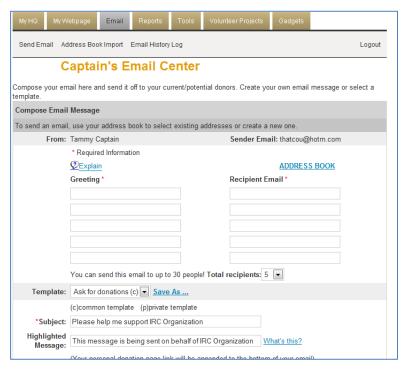
The first area within your Personal Headquarters contains your To Do List. Here, you can edit your team's webpage, send emails to friends and family asking them to join your team or to donate, and much more!

Notice that you also have a snapshot of your team's statistics and overall fundraising goal.

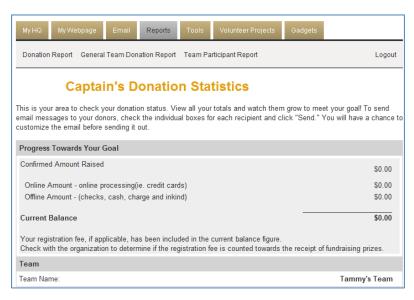


Click **My Webpage** to change the text and images that are associated with your fundraising page.

Notice that as a Team Captains, you are able to edit both your personal fundraising page as well as the Team Page.



Navigate to the **Email** tab to send emails to your friends, family, coworkers, team members, anyone at all! You can import addresses, or type your own.



The **Reports** tab allows Team Captains to see various reports on his or her own fundraising efforts, as well as the team as a whole.



Use the **Tools** section to enter pledges that you have received.

The **Team**Registration link will allow you to register member(s) that you have recruited for your team!

Looking for even more tips? Here are a few easy recruiting ideas....

- Make a List of possible team members Invite anyone and everyone to join your team.
 Once they have signed up, ask them to invite others to join as well. There is no limit to the size of your team and you can keep growing your members right up until the event day!
- Spread the Word Talk about the event and our organization to everyone you meet.
- Advertise Use corporate or neighborhood newsletters, event posters, brochures, e-mail
 and break-room bulletin boards to advertise your team recruitment efforts. Be creative!
 Make sure to always include your team name, captain's name, contact information and the
 website, where people can register in anything you send out.
- Host Your Own Kickoff Party Host a party or family gathering to sign up team members!
 This is a great way to share information about the event and your reasons for participating.

TIPS to help build your team...

- Encourage your team members to register online using the link provided to them in their recruitment email that you will send out from your "My Headquarters" on your team page. Remember as a Team Captain you can also register team members through your Participant HQ by clicking on the Tools tab and then click on the Team Registration link.
- Motivate and inspire your team by sending weekly email updates or making weekly phone
 calls with the latest event information, fundraising ideas or team success stories.

• **Challenge another team** to see who can recruit the most members or raise the most money. Friendly competition is always a fun way to help keep your team motivated!

TIPS for Effective Fundraising

- Use the **online fundraising tools** found in "My Headquarters". These tools are especially helpful for those individuals who don't feel comfortable asking directly for donations.
- Use the chart below to raise funds for your team.
- Find out if your corporation has a matching gift program. Matching gifts are a quick and easy way to double or even triple your donations. Encourage your donors and team members to check with their companies policies as well.
- Hold a fundraising event to benefit your team. The sky is the limit when it comes to
 creativity and can include events such as: garage sales, dog washes, car washes or bake
 sales.

HOW TO RAISE \$250 IN A WEEK All you have to do is ASK!

DAY 1	SPONSOR YOURSELF	\$30
DAY 2	ASK THREE RELATIVES FOR \$20	\$60
DAY 3	ASK SIX FRIENDS FOR \$10	\$60
DAY 4	ASK FIVE COWORKERS FOR \$10	\$50
DAY 5	ASK FIVE NEIGHBORS FOR \$5	\$25
DAY 6	ASK YOUR SPOUSE OR PARTNER	\$25
DAY 7	CELEBRATE YOUR SUCCESS!	\$250

Plus, don't forget to use the online fundraising tools to increase your chances of success.

TOP TEN FUNDRAISING TIPS

TIP #1 – TAKE ADVANTAGE OF ONLINE FUNDRAISING TOOLS

Once you register as a participant, a personal fundraising page is automatically generated for you. We encourage everyone to visit their "My Headquarters" center as soon as registration is complete and personalize this page. You can set your fundraising goal, upload pictures and tell your story all on this one page. **Pages that are personalized are 3x's more likely to receive a donation! Then once your page is complete, you can send out emails to all of your contacts inviting them to join or donate to your team.

TIP #2 – CREATE A PERSONAL FUNDRAISING EMAIL

While we have provided you with easy to use email templates inside your Participant HQ, feel free to edit this template or create your own! A personalized appeal to friends and family can really go a long way. It's important to share your story about your connection with us. And remember, to fully maximize your fundraising efforts, reach out to not only friends and family members, but also coworkers, neighbors, club members and local businesses.

TIP #3 – DOUBLE YOUR FUNDRAISING WITH MATCHING GIFTS

Many companies have matching gift programs that can double and sometimes triple donations. Check with your corporation to learn more about their matching gift program and be sure to encourage your donors and team members to do the same.

TIP #4 – Voicemail Greetings

Some have great success in receiving support and donations by changing the outgoing message on their answering machines/voicemail. Then, if you receive a pledge, enter that pledge into your Personal HQ. Once our organization receives the money, we will credit it to your page.

TIP #5 – THINK OUTSIDE THE BOX-BE CREATIVE!

Think of fun ways to involve your co-workers with a jeans day or early-out day, where for a donation of \$5.00 or more, employees could wear jeans or have an early/out on a designated day. You can also host a Brown Bag Lunch Day where you ask co-workers to bring in their lunch instead of purchasing them, and donate the saved funds to your team. Finally, place a "change collection" canister or box by the office vending machines and encourage co-workers to spare their change.

TIP #6 – Post and Tweet

Inside your Participant HQ you have the ability to easily post your personal fundraising page link to your Facebook Wall or on your Twitter Feed. Shout out to your friends and followers, invite them to sign up and/or support your fundraising efforts.

TIP #7 – DON'T BE AFRAID TO FOLLOW-UP!

Sending out one email may not be enough to motivate all of your contacts to support your efforts. As we all know, most people are very busy, and even though they plan to support you, your initial request may have gotten lost in the shuffle of their lives. Sending out a reminder or update on your efforts is a great way to remind your friends and family that you still need their support and motivate them to take action. Let them know how much you have already raised and how far you have to go to hit your goal, and then ask for a donation to help you complete your mission.

FACT: It takes on average 3 solicitation emails to generate 1 donation.

TIP #8 – GET SUPPORT FROM THOSE YOU SUPPORT ALL YEAR LONG

Dry Cleaners, accountants, doctors, hair stylists and dog walkers without a doubt appreciate your business and would be happy to support you.

TIP #9 – KEEP YOUR TEAM MOTIVATED AND EXCITED

The easiest way for a team to fall short of their potential is to become complacent about their fundraising efforts. It is important that everyone on your team understands that they play an important role in the success of not only your team, but the entire event! Also be sure to always send shout out's to team members using the team captain participant center sharing news about new team members, fundraising goal progress or other event updates.

TIP #10 -THANK YOU'S ARE VERY IMPORTANT

Sending out a thank you is extremely important and is an easy way to show your donors how much you appreciate their support. Thank you's can be in the form of an email, handwritten note or phone call, but no matter the form, they should be sincere and sent out in a timely manner. Once you have thanked your donors, be sure to keep sharing your progress and important milestones (50% of your goal achieved, that you have increased your goal, etc). This will show them that their support truly made a difference in your efforts and may inspire them to make additional donations or pass along your website to others.